

# A WEEK FOR WELLNESS

NOVEMBER 6-13

As you prepare for a busy Advent season, take a moment, take a breath, and take time to take care of yourself.

Free Spiritual  
Direction  
Sessions

[CLICK HERE TO RESERVE  
A PERSONAL SPIRITUAL  
DIRECTION TIME](#)

Free Pastoral  
Coaching  
Sessions

[CLICK HERE TO RESERVE  
A PERSONAL PASTORAL  
COACHING TIME](#)

## Clergy Care

mind | body | spirit

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